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Bangalore Mirror ON SATURDAY

TEMP Max 27 | Min 19 | Humidity 72% Partly cloudy Sensex 65,280 | Nifty 19,331 | Gold 58,732 | Silver 70,942 | Dollar 82.58 | Euro 90.14 | GBP 105.67

8-year-old from city stays focused, undergoes rigorous physical and mental training to conquer Kilimanjaro

AIN'T NO MOUNTAIN HIGH ENOUGH

Father helped with training, mother is child's biggest motivation

Sridhar.Vivan
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An eight-year-old from the city has become the youngest girl in the country to conquer Kilimanjaro, which is renowned as the largest free-standing mountain rise in the world. At a staggering height of 19,340 feet, Kilimanjaro is the tallest summit in the African continent. Aadya Bennur, a 4th-grade student at Greenfield Public School, Jakkur, successfully reached the summit of Mount Kilimanjaro on June 20 at 11 am local time (Tanzania time).

Aadya told Mirror that she had heard about Kilimanjaro because her father had been there in 2018.

"Preparing for a challenging mountain climb involves three main aspects: physical preparation, mental preparation, and getting your gear (clothing, boots, etc.) ready. Children my age tend to get bored with repetitive exercises. To keep me engaged, my father combined various fitness activities such as long-distance running, cycling, swimming, stair climbing, and long walks. My mother is my biggest source of motivation, and she was the one who prepared me for the trek. I had previously made it to the top of Everest Base Camp, which gave me the necessary experience to be mentally strong on a multi-day tough trek," she said.

She explained that compared to Everest Base Camp, Kilimanjaro

CONTINUED ON PAGE 11 >>

> **"My biggest learning was the power of mind over matter. The human body may give up on numerous occasions when faced with challenges over many days, but it is the mind that needs to stay strong to keep moving forward**
>
> – Aadya Bennur, 4th-grade student

Budget in a nutshell

PAGES 8&9

>> Brand Bengaluru in limelight
>> What's cooking?
>> Your one-stop destination
>> Protein is essential – class no bar
>> Beer gets dearer

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3 THINGS TO DO

01 Powerful voice

Don't miss the chance to attend the live concert of the legendary Indian singer Usha Uthup in Bengaluru today. The Padma Shri awardee has sung in various Indian film industries and is known for her lively stage presence.
Where: Prestige Srihari Khoday Centre for Performing Arts, Next to Forum Mall
When: Today; 6 pm

02 Just for kids

The annual Ranga Shankara Theatre Festival 2023 is all set to happen this July in the city. The artists will be performing five exciting age-specific plays made especially for children. Sows are Just Hiss, Hanv Ghara Asa, The Land of Mea Lilo, The Crying Village, and Bags of Gags.
Where: Ranga Shankara, JP Nagar
When: July 18-23; 7:30 pm

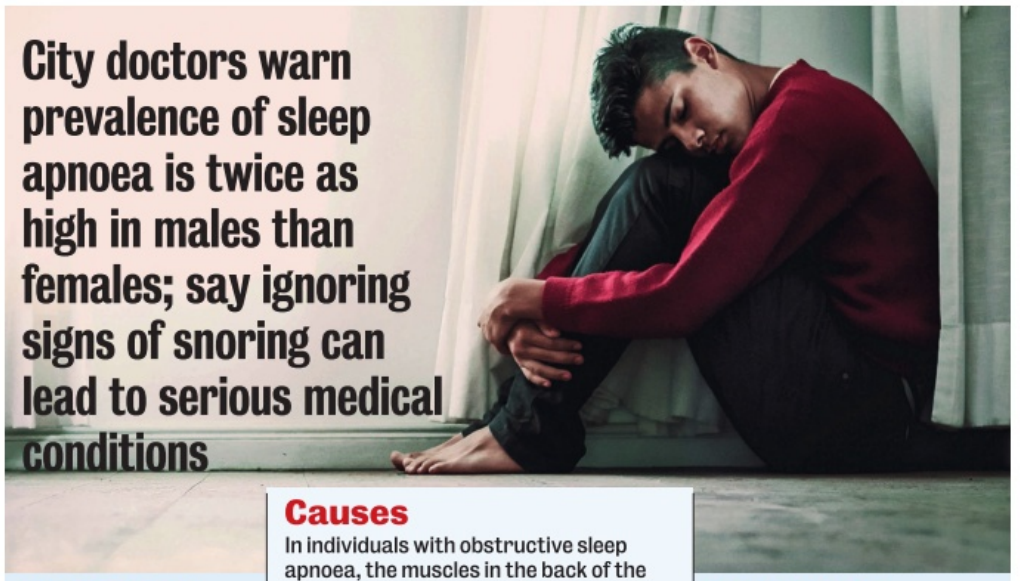
03 Dance drama

Don't miss the chance to attend a mega dance drama presenting the contribution of the great freedom fighter Alluri Sitarama Raju. 40 dancers present this narrative with a blend of tribal, folk, Kuchipudi, and modern dance styles. This dance drama commemorates the freedom fighter's 125th birth anniversary and is a part of the Nrutya Rangoli festival.
Where: Chowdiah Memorial Hall
When: July 9; 6 pm onwards

Is your sleep noisy? It's time to see a doc

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

City doctors warn prevalence of sleep apnoea is twice as high in males than females; say ignoring signs of snoring can lead to serious medical conditions



If you are in your middle age and experiencing snoring, it is essential not to overlook it. With recent advancements and improvements in the quality of life, many non-communicable disorders are on the rise, often contributing to the development of sleep disorders, with sleep apnoea being the most common among them. The incidence of sleep apnoea after the age of 40 ranges from 10 to 30 per cent.

According to Dr Suhas HS, a pulmonologist at Manipal Hospitals, Sarjapur Road, "The incidence of sleep apnoea is twice as high in males compared to females. Sleep apnoea is a common sleep disorder characterised by frequent pauses in breathing during sleep. There are two types of sleep apnoea: Obstructive sleep apnoea and central sleep apnoea. Risk factors for its development include age, with advancing age increasing the risk; sex, with men being more prone to obstructive sleep apnoea, especially in the earlier stages of adulthood; and specific head and neck anatomical features such as macroglossia (a larger tongue) and mandibular deficiency (a shorter lower jaw)."

He added that other risk factors include obesity, cigarette smoking, alcohol consumption, certain medications, nasal obstruction, and a family history of sleep apnoea.

The evaluation of sleep apnoea typically involves a detailed review of symptoms, a physical examination, and an assessment of overall health. This process helps identify risk factors contributing to the condition and detect signs of sleep apnoea. Subsequently, a patient may be scheduled for a polysomnography (sleep study) for confirmation.

Dr Satish KS, Senior Consultant Pulmonology at Fortis Hospitals, Cunningham Road, Bengaluru, said, "Snoring is commonly disregarded despite affecting people of all ages. Unfortunately, it carries a stigma, and its significance is often underestimated. However, snoring can be more than just a nuisance; it can indicate a serious underlying health condition. Loud snoring suggests a blockage in the upper airways during sleep, which may be a symptom of a sleep disorder like obstructive sleep apnoea (OSA)."

He added that ignoring the signs of snoring can lead to various health issues, including reduced quality of life, unrefreshing sleep, daytime sleepiness, fatigue, difficulty concentrating, and even serious medical conditions such as uncontrolled high blood pressure, heart attacks, strokes, irregular heartbeats, sudden death, depression, sexual dysfunction, and road traffic accidents. It is a condition that is often overlooked by both patients and doctors. Therefore, it is crucial not to ignore snoring and to report it to your doctor for proper evaluation and guidance.

Treatment

Mild obstructive sleep apnoea can be managed with lifestyle modifications, while moderate to severe cases often require positive airway pressure therapy. Supportive measures include reducing body mass index (BMI) through weight loss, engaging in regular exercise, altering sleeping positions to avoid sleeping on the back, and reducing alcohol consumption.

Causes

In individuals with obstructive sleep apnoea, the muscles in the back of the throat relax during sleep, reducing the space for air to pass through, resulting in snoring. This leads to a reduced oxygen supply and disruptions in sleep. In central sleep apnoea, the brain stem fails to communicate with the muscles responsible for breathing, resulting in shallow and abnormal breathing patterns.

Consequences of untreated sleep apnoea

Untreated sleep apnoea increases the risk of developing hypertension, diabetes mellitus, coronary artery disease, heart rhythm abnormalities, heart failure, and strokes. It also impairs workplace productivity and can lead to motor vehicle accidents resulting in injuries.

Symptoms

- Excessive daytime sleepiness
- Loud snoring with choking sounds or gasping
- Early morning headaches that may persist for several hours after waking up
- Dry mouth upon awakening
- Restless and disturbed sleep with periods of wakefulness
- Frequent urination during the night
- Excessive irritability
- Reduced focus

Why is it so cold in Bengaluru?

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Are you experiencing cold weather in Bengaluru and wondering why? According to Prasad, a scientist from the India Meteorological Department (IMD), the current cold weather in the city is due to heavy rainfall in the coastal region and Western Ghats. The increased wind flow from the west is bringing in moisture, resulting in the cold temperatures.

This weather is expected to persist for the next two to three days.

Prasad mentioned that several places in the coastal region have received significant rainfall, with Udupi and Manki recording the highest rainfall at 18 cm. The south-west monsoon has been active, reducing the rainfall deficit in coastal areas to less than 15%. The overall rainfall deficit in the state has also decreased from 70% to 27%. In south interior Karnataka, Bhagamandala received the highest rainfall at 23 cm, followed by Virajpet with 12 cm and Kottigehara Sringeri with 7 cm.

A trough extending from south Gujarat to north Kerala has caused slightly reduced intensity, resulting in a yellow alert for coastal districts, Kodagu and Shivamogga, and light to moderate rainfall expected in Bengaluru for the next three days. The weather will be cloudy, and the surface wind may be strong, ranging from 30 to 40 kmph.

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Make Kanakapura Road your new home

Infra projects have made area a huge hit among home-buyers as it is accessible to centre of city and to towns nearby

Infrastructure projects play a crucial role in the development of an area and Kanakapura is fortunate to have multiple such projects. This is attracting many individuals who are now purchasing plots in and around Kanakapura Road to make it their new home.

Surendra S, a techie, shared his experience, "Earlier, I used to live in the core area of Bengaluru, where the roads were narrow and fresh air was scarce. It was a major hurdle for me to travel from the city centre to my hometown in Tumakuru. However, since I have relocated to Kanakapura Road, I can easily travel there. As it is an alternative road to Mysuru, reaching other places is easier as well."

In recent years, several significant infrastructure projects have contributed to the growth of localities around Kanakapura Road. The NICE Road and Metro connectivity have made commuting easier, both within the city and to the outskirts. The NICE Road connects Kanakapura Road to various major roads, while the Metro line provides convenient access to the city centre. Additionally, the area benefits from a good frequency of BMTC bus services, as well as other transport options like cabs and autos.

The Metro line, particularly the green line that connects Nagasandra to Kanakapura Road with an interchange option at Majestic, has been a significant milestone in the area's growth. Furthermore, the future connection of the Metro line to the airport will provide convenient transportation options for residents of Kanakapura Road.

Naresh S, a realtor, said the diversity of property buyers and the availability of different-sized properties to suit various budget options in Kanakapura Road. "The presence of high-rise buildings and properties with green surroundings has attracted significant development in the area. The ongoing four-laning work on the highway will further enhance Kanakapura Road's growth, with plans to extend the four-lane road till Kankapura and develop a two-lane highway till the Karnataka-Tamil Nadu border. This improvement will benefit not only local residents but also travelers heading towards Coimbatore and beyond," he said.

– Prakash L

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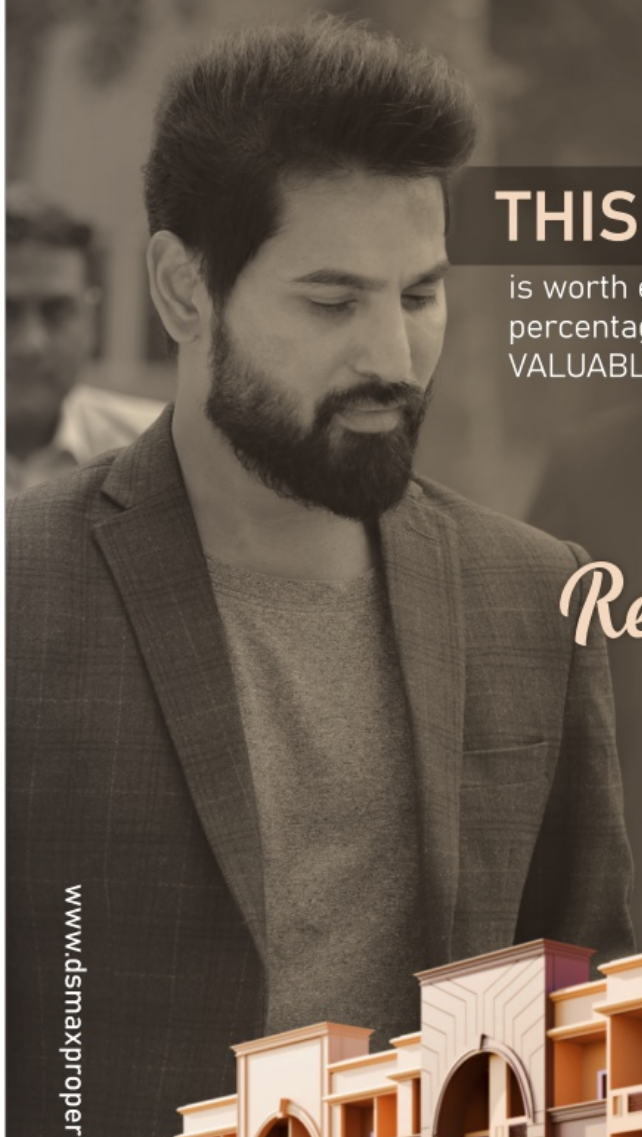

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REARVIEW MIRROR

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Striking the code

Who decides whether you belong or not? Do you belong if you are a certain way? Or do you belong if you are the majority in a collective? So then, does this majority dictate the code of conduct of a minority?

The whole hullabaloo about the Uniform Civil Code that is being gradually fed into the press and social platforms, is it necessary at this juncture in the world's most populous nation?

We have numerous instances of such supposedly constitutional mechanisms or guarantees being used of late for profiling and boxing into a corner certain vulnerable and already disenfranchised sections of the society.

That said, if the intention is noble and sincere, where is the committee or panel that shall draw and subsequently draft the nuances of this highly sensitive so-called code.

The exercise in earnest requires something elaborate if not as meticulous as the constituent assembly debates that helped frame the constitution. Where are the experts? Where are the representatives of communities? Where are the social scientists and intelligentsia discussing the pros and cons of such a code?

Obviously the absence of the aforementioned key stakeholders points to questions on the intent behind such a crucial exercise in such a large democracy that thrives on differences of its peoples.

What are our priorities at the moment? A uniform code for all individuals? Really?

They surely aren't the most critical ones - ensuring safety of the most vulnerable individuals in the ensuing climate chaos, tackling growing social inequities, spiralling inflationary pressures or joblessness but just employing an envisaged constitutional mechanism for political and electoral gain only.

"There is a kind of fraud inherent in the UCC.... The notion that there is only one way of solving the problems (that we have) is baffle-ment," the Telegraph newspaper quoted the great Indian economist Amartya Sen.

So what is the 'inherent fraud' Sen was referring to? Perhaps he was hinting at the sinister attempt to dictate and rein in the personal liberties of the individual in a diverse and pluralistic democracy thereby furthering social divisions.

Encroachment is the word that comes to mind when you suggest an exercise like this akin to straightening curly hair as you are biased towards straight hair. The proponents of the good of such a code for all are perhaps the most insecure individuals in the collective.

Even if such a code were to be implemented why does it reek of malice aimed at certain communities which as per the current dispensation do not belong?

Making such communities abide, adhere and toe the line by implementing such a code, what does it have to do with the feeling of belonging?

Recently when questions were posed on how the indigenous communities would be affected if such a uniform code were to come in place the initial reaction from the ruling dispensation was to keep the tribespeople away from the ambit of the mechanism.

Now if you are willing to exempt a community from the purview of the code why can't you exempt another? So far, largely even the minority communities in their good will have attempted to approach the proposal with measured caution.

The Indian Union Muslim League and the All India Muslim Personal Law Board have already put their views in the public domain and shot off representations to the law commission that had invited suggestions and remarks from the public about the idea of the Uniform Civil code.

The most recent development was the commission issuing an alert to the public to be wary of messages circulating on social platforms pertaining to the proposal of a uniform code.

The discussion regarding such a step should not be reduced to social media rhetoric, but must begin as professor Sen rightly pointed out by asking at the outset, what is the need for uniformity in the vibrant diversity of this geography.

Nevertheless, who are the persons qualified to zero in on the yardsticks for such a massive policy execution if indeed it were to go ahead and be the norm in the collective, which appears highly implausible at the moment?

The fundamental flaw in the idea is the fear of probable restrictions on existing liberties of the individual purportedly to benefit the common good. The notion that the minority has to sacrifice liberties to augment the already cushy privileges of the brute majority is absurd; it is diametrically opposing the socialist and liberal constitutional values.

That said, this is not the first time an attempt is made to homogenise those in the margins and further their feeling of isolation and alienation in such a big societal set up as ours. Already with the advent of digital tech social profiling is the norm. Now to have rules that may further tweak individual liberties is no doubt a retreat to ultra conservatism than waking up to the harsh realities of the day.

Next date, please: Cauvery Stage V is ready... almost

BWSSB hopes to finish project that will bring water to 110 villages in Bengaluru by this November

Melvin Mathew
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TWEETS @BangaloreMIRROR

The Bengaluru Water Supply and Sewerage Board (BWSSB) has cited labour shortage and unexpected rains as the reason for delays in its Cauvery Stage V project. The project funded by Japan International Cooperation Agency (JICA) is likely to be completed by this November.

The network of pipelines that will deliver water to 110 villages in Bengaluru has been caught in delays. Previously, BWSSB had agreed to JICA to complete the work by August this year, and it was expected to be completed by March 2023. However, now officials are saying the work will be completed by November 2023.

According to officials, nearly most of the work is completed, and the last few processes are delaying the project's completion. As of now, 80 per cent of the work is completed, including the construction of the three water pumping stations at TK Halli, Harohalli and Tataguni, they said. In 2018, JICA lent Rs 2,587 crore for the completion of the Cauvery Stage V project aimed at supplying water to 110 villages in the periphery of the city. Most of the villages fall under Rajarajeshwari Nagar, Dasarahalli, Mahadevapura, Bommanahalli, and Byatrayanapura zones of BBMP.

A senior BWSSB official told BM," Works on the project are ongoing but it slowed down due to various factors. Nearly 80 per cent of the work has been completed. Work is getting delayed due to unseasonal rain, labour shortage, pandemic time, and quarry strike leading to a shortage in aggregates. Labourers coming from West Bengal, Odisha and Bihar have also reduced."

As per a press statement, after the completion of the project, Bengalureans will be able to use 1.7 million cubic metres per day in 2026 from 1.3 million cubic metres per day as per the 2018 requirement.

Progress on water pumping stations

"Work on the pumping stations are in progress. Most of the civil work has been completed, and electro-mechanical installation is ongoing. All the works have been completed up to 80-82 per cent," he added.

According to officials, 80% of the work on Cauvery Stage V has been completed so far

A water treatment plant will be established at TK Halli. From TK Halli, a transition pipeline will be laid, and further, it will go to Vajarahalli, Eastern and Western routes. From TK Halli to Vajarahalli, 75 km of pipeline work is being executed; at the Eastern route, 54 km; at the western route, 56 km. From TK Halli to Vajarahalli, the pipeline will be 300m in diameter. From Vajarahalli to the Eastern route (up to Kadugodi) and Vajarahalli to the Western route (up to Tannisandra), it will vary from 2.2m to 0.8m. On the Eastern route, there are 3 Ground Level Reservoirs (GLRs)and 4 GLRs on the western route.

Though no land acquisition was made for this project, to set up GLRs, officials are facing issues. For the GLR along the Eastern route, officials have been corresponding with the forest department for the last three years for a patch of land near Kadugodi forest. Near Thanisandra, there is a land dispute with the locals.

Extraordinary rescue of bonnet macaque in life-&-death situation

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In a unique rescue, a fragile neonate bonnet macaque suffering from an exceptionally rare condition known as Encephalocele was rescued after it was spotted by some of the locals from KR Puram. The few-weeks-old animal was left abandoned and was in a fragile state and would have died were it left by itself.

The PfA Wildlife Rescue & Conservation Centre came to the macaque's rescue. Encephalocele is a condition in which a portion of the brain protrudes beyond the boundaries of the skull.

Commenting on the case, Chief Veterinarian, Colonel Dr Navaz Sharif, said, "Such instances are exceedingly uncommon. In the realm of the animal kingdom, parents and the troop often relinquish newborns afflicted with deformities, as they perceive the grim odds stacked against their survival. Our encounter with this macaque, whom we have affectionately named Hanuman, occurred when he was merely a day old. He was discovered helplessly abandoned by the road in KR Puram. We named him Hanuman so he finds the strength to defy all odds and survive." He said a team of highly skilled veterinarians and rehabilitators are ensuring comprehensive care of this macaque.

The week-old bonnet macaque suffers from Encephalocele

Presently sheltered within an incubator in the intensive care unit, its vital signs are vigilantly monitored, hour after hour. Nourishment is administered, addressing the unique needs that arise. Dr Shariff said, "The consequence of Encephalocele is the complete closure of its right eye, a poignant reminder of the challenges he faces. While the prospects that lie ahead for this fragile little soul remain uncertain, we are giving the utmost level of care possible. No stone shall be left unturned, as every resource and expertise is harnessed to ensure his well-being and offer him a fighting chance at a meaningful life."

For a surgery, not only does his condition need to get stable, he is way to young, Dr Nawaz said.

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₹ STATE Budget 2023

> Through our five guarantees, in a year approximately Rs 52,000 crore will be spent and it (the benefits) is expected to reach about 1.3 crore families. This means we will be providing, on an average, additional financial assistance of Rs 4,000 to Rs 5,000 monthly to each household, which is about Rs 48,000 to Rs 60,000 every year
>
> –Chief Minister Siddaramaiah

What's cooking?

News schemes that hope to propel growth of Bengaluru

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Aiding acid attack survivors

To support survivors of acid attacks and facilitate their integration into mainstream society, Chief Minister Siddaramaiah announced a grant of Rs 2 crore. This funding will be utilised to provide interest-free loans up to Rs 5 lakh through the Karnataka State Women Development Corporation. Additionally, housing facilities will be provided through the Rajiv Gandhi Housing Corporation.

Affordable housing

The One Lakh Housing Scheme, aimed at providing affordable housing to the underprivileged in Bengaluru, received approval in 2017-18. However, the previous government failed to complete the construction of these houses, and the beneficiary selection process was unsatisfactory. The current government wants to rectify these shortcomings.

Navodayama

The budget proposes 'Navodyama' with an allocation of Rs 10 crore for value addition of agricultural produce and to encourage innovation in the field of agricultural marketing. This initiative aims to support farmers and promote branding of their produce on the lines of 'Nandini' to enable marketing in state, national, and international markets.

Coffee tourism

Karnataka is renowned for its coffee, particularly Arabica varieties from Chikkamagaluru, Kodagu, and Bababudanagiri, which have a unique flavour and aroma and carry a Geographical Indication (GI) Tag. The government plans to take measures to brand Karnataka coffee and promote coffee eco-tourism.

Insurance for gig workers

To provide social security to gig workers in the unorganised sector, particularly those employed as full-time or part-time delivery personnel in e-commerce companies, the government will offer insurance coverage of a total of Rs 4 lakh. This includes Rs 2 lakh for life insurance and Rs 2 lakh for accident insurance.

Fly to Dharmasthala in future

Siddaramaiah said, "A Civil Aviation Policy will be formulated with the aim of fostering the growth of the aviation sector in the state. This policy will focus on enhancing accessibility to affordable flights and promoting tourism, industries, and air transportation of goods." In addition, the government plans to undertake the development of airstrips in Dharmasthala, Kodagu, and Chikkamagaluru to boost tourism, support the industrial sector, and aid in disaster management efforts. The construction of Vijayapura Airport will be finalised, and the airport is set to become operational this year.

Basketball training

The budget proposes the establishment of a regional basketball training centre in Bengaluru, catering to growing interest in the sport. Additionally, a cycling velodrome will be established in Mysuru to promote cycling as a sport and encourage participation. The government has allocated Rs 10 crore for each of these initiatives. Furthermore, to increase the participation of specially-abled individuals and women in sports, a grant of Rs 10 crore will be dedicated to providing necessary facilities and expert coaching. In an effort to preserve sports history and inspire future generations, a sports museum will be established in Sri Kanteerava Stadium, with an allocation of Rs 5 crore.

AR & VR

The Karnataka Exhibition Authority campus in Mysuru will be upgraded to provide a state-of-the-art experience for visitors. Additionally, 16 museums in the state, including those in Kalaburagi, Gadag, Bengaluru, and Vijayapura, will be developed to make them more attractive and interactive. A "Karnataka Archaeological Museum and Art Gallery" will be established near Chamundi Vihar Stadium in Mysuru, showcasing the rich art and cultural heritage of the state with Augmented Reality (AR) and Virtual Reality (VR) technology. Furthermore, 3D projection, multimedia, sound, and light show programs will be introduced at various protected national monuments in the state.

Simplifying marriage registration

To ensure transparency and accuracy in stamp revenue, e-stamping or digital stamping will be made compulsory for various non-registrable documents such as agreements, bank guarantees, share certificates, and bank documents. The government plans to simplify and make the marriage registration process more people-friendly through the Cauvery-2.0 initiative, which will introduce online registration and the option to submit applications for registration at Bapuji Seva Kendras and Grama One Centres in gram panchayats

Start-ups

To foster the growth of start-ups in the state, the budget proposes the establishment of a world-class incubation centre called 'INNOVERSE' with an investment of Rs 50 crore. This facility will provide hi-tech resources and support to nurture and accelerate the growth of new ventures. Additionally, a program named 'Propel' will be launched, focusing on the adoption of solutions from government-funded start-ups, with a project cost of Rs 5 crore. The government plans to organise the Global Innovation Alliance - Market Access Program (GIA-MAP).

Budget highlights: Your one-stop destination

The Karnataka government plans to spend Rs 52,000 crore to finance the five guarantees promised during the elections, benefiting approximately 1.30 crore families. This includes providing a monthly financial assistance of Rs 4,000-Rs 5,000 per household, amounting to Rs 48,000-Rs 60,000 per year, as part of a Universal Basic Income initiative. The government aims to mobilise necessary resources without burdening the people, reform tax collection, control unnecessary government expenditure, and ensure efficient administration and management of fiscal resources to effectively implement these projects.

Targeting BJP

A significant portion of the budget was dedicated to targeting the BJP-led Union Government and the previous BJP-led Karnataka governments. Chief Minister Siddaramaiah expressed concerns about the state's outstanding liabilities, debt repayment liabilities, and the inadequate share received from the Central Government. He highlighted the losses incurred due to the recommendations of the 15th Finance Commission and the non-fulfilment of grants for water body improvement and the Peripheral Ring Road in Bengaluru.

Withdrawal of APMC Act

CM Siddaramaiah expressed concerns about the amendment made to the APMC (Agricultural Produce Market Committee) Act by the previous government, which weakened the marketing network and affected farmers. The income of APMCs drastically declined after the amendment, resulting in losses for farmers. To protect farmers' interests, the current government has decided to withdraw this anti-farmer Act.

Revival of Yettinahole

The government is committed to expediting the pending works of the Yettinahole project, which aims to provide drinking water to districts including Kolar, Chikkaballapur, Ramanagar, Bengaluru Rural, and Tumakuru. Administrative approval was granted during CM Siddaramaiah's previous tenure, and the government aims to prioritise the completion of this project despite escalated costs.

B'luru's treated water

Bengaluru's treated water will be utilised to fill 296 tanks in Kolar and Chikkaballapur districts.
This successful initiative, implemented during the previous government's tenure, utilised treated wastewater from the KC Valley and HN Valley projects for irrigation purposes. Groundwater levels in these areas increased, benefiting farmers.

The government aims to continue and expand this project.

AEDs at district hospitals

The budget proposes 'Ashakirana', focusing on eye camps, medical checkups, health camps, and the installation of Automated External Defibrillators (AEDs) in all district and taluk hospitals. Additionally, comprehensive health camps will be initiated to identify diabetes and high blood pressure patients, and the availability of CT and MRI scanning services will be expanded to all district hospitals. The establishment of the Karnataka Health Technology Laboratory aims to position the state as a hub for health technology innovations.

New in Kanakapura

A medical college in Kanakapura has been announced, along with super specialty hospitals and burns care centres in Mysuru, Kalaburgi, and Belagavi districts. **BMB**

₹ STATE Budget 2023

> Today Siddaramaiah's intent is pretty clear that they will take at least one year to fulfill their promises. The entire time and energy of the Chief Minister has been spent only to blame the central government, Prime Minister Narendra Modi, and the previous BJP government in Karnataka
>
> –Shikaripura MLA and BJP leader BY Vijayendra

Brand Bengaluru gets limelight

Budget aims to improve infrastructure, elevate city to international standards

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The new government's buzzword appears to be 'Brand Bengaluru'. Deputy Chief Minister DK Shivakumar, after a series of meetings with stakeholders, even sought ideas from the public to revive Brand Bengaluru. Chief Minister Siddaramaiah further emphasised the significance of addressing the city's major challenges through the theme during the budget speech. He highlighted nine major challenges: traffic management, environment, solid waste management, proper utilisation of public places, public health, animal health, people-friendly e-Governance, water security, and flood management. By addressing these challenges in a planned and scientific manner, Bengaluru can be elevated to international standards, he said.

Despite an allocation of Rs 12,000 crore, the CM expressed concerns about the city's infrastructure crumbling. Notably, tunnel road projects received no mention or allocation.

Regarding the upgradation of Sewage Treatment Plants (STPs), the CM announced that the Bengaluru Water Supply and Sewerage Board (BWSSB) would invest Rs 1,411 crore from their own funds to upgrade 20 STPs by March 2026. This initiative aims to ensure sustainable water management and preserve the natural ecosystem within the BBMP limits. Additionally, a new flyover costing Rs 263 crore will be constructed near Baiyyappanahalli to improve connectivity to the Sir M Visvesvaraya Terminal, reducing traffic congestion.

The white topping project, which converts roads into durable surfaces, will recommence. Approximately 100 km of major roads will be developed as white-topped roads at a cost of Rs 800 crore, reducing the need for repeated repairs. Similarly, the Peripheral Ring Road, designed to ease traffic congestion, will receive attention to overcome delays in implementation.

To address the issue of encroached stormwater drains causing floods, the CM prioritised resolving the matter by vacating identified encroachments. Scientific waste disposal and biomining will be given priority, with 97 lakh tons of legacy waste treated and 256 acres of land converted into parks in the next five years.

The expansion of Namma Metro will add 27 km of new lines by the end of 2024, increasing the network coverage from 70 km to 176 km in the next three years. The airport metro line's completion is targeted for 2026. Proposals for Metro Phase-III and a new metro line from Hebbal to Sarjapur will be submitted for approval.

The suburban train project received a total allocation of Rs 15,767 crore, with the state and central shares, and external sources contributing.

Indira Canteens, a successful initiative providing affordable meals, will be relaunched in Phase-1, expanded to new areas in Phase-2, and receive Rs 100 crore for repairs.

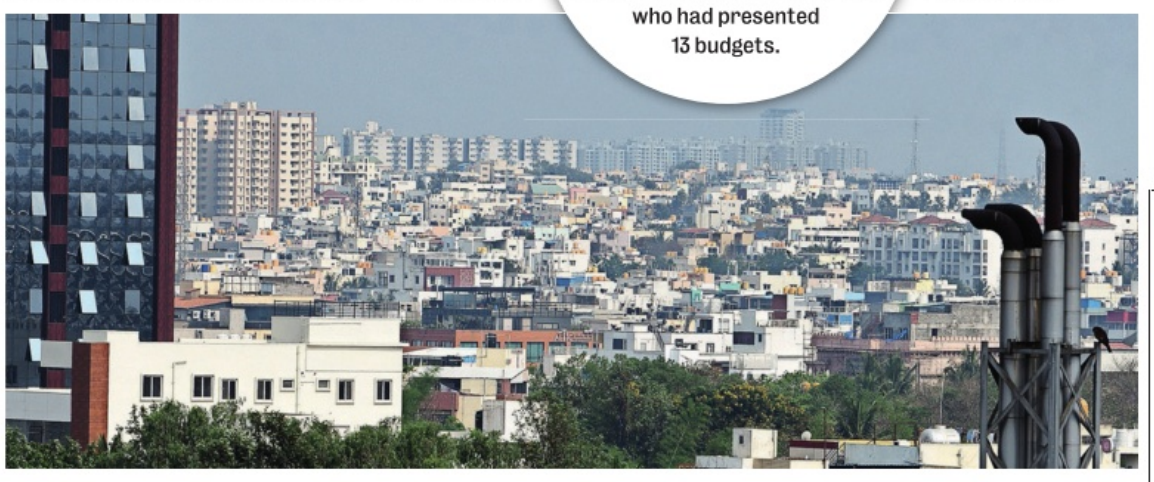
The Bengaluru Solid Waste Management Corporation Limited will receive Rs 100 crore for effective operation. Furthermore, Rs 3,400 crore will be allocated to dispose of waste effectively, manage liquid waste, and control pollutant flow into rivers and lakes.

The budget also focuses on fostering the semiconductor ecosystem with the development of a Technology Innovation Park in Kadugodi and the establishment of the Karnataka Aerospace Technology Centre in Devanahalli.

Lastly, to strengthen traffic management and enhance safety, five traffic police stations/six women police stations will be established.

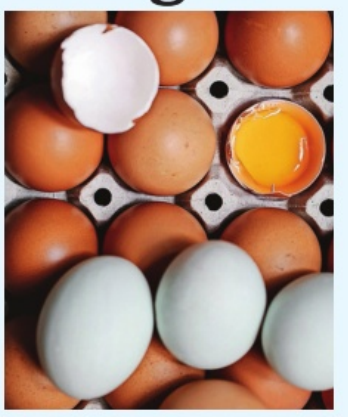
For the record

Chief Minister Siddaramaiah created a record by presenting his 14th budget in the Assembly as Finance Minister, surpassing the mark of late Ramakrishna Hegde, a former CM who had presented 13 budgets.



Protein is essential – Egg-cellent changes!

Students in government and aided schools from classes 1 to 8 have been receiving supplementary nutrition in the form of eggs/peanuts chikki/banana once a week. Starting this year, the program will be extended to students in classes 9 and 10, benefiting a total of approximately 60 lakh students in the state. The budget has allocated Rs 280 crore for this initiative. Additionally, the University of Visvesvaraya College of Engineering (UVCE), will receive a grant of Rs 25 crore for infrastructure development. To combat the issue of fake marksheets, Chief Minister Siddaramaiah announced the mandatory registration of higher education students in the 'Academic Bank of Credits' to access marksheets and certificates from NAD/Digilocker.



In the classroom

- Rs 310 crore allocated for constructing classrooms in schools
- Rs 240 crore allotted for constructing classrooms in Pre-University colleges
- Construction of 8,311 school and college classrooms with a total allotment of Rs 550 crore
- Construction of new toilet complexes in 5,775 schools and 150 colleges
- Renovation of 3,833 old and dilapidated school buildings and 724 pre-university college rooms at a cost of Rs 100 crore
- Upgradation of SATS software for various activities in the School Education Department
- Establishment of innovation labs in Higher Primary and Pre-University colleges
- Launch of the 'Sasya Shyamala' program to plant 50 lakh saplings in and around schools
- Formulation of a new Education Policy considering the state's social, cultural, and economic context
- Integration of all scholarship schemes under a single scholarship scheme
- Reward of Rs 50 lakh each for universities demonstrating commendable performance in good governance
- Training programs for departmental staff at the Higher Education Academy, Dharwad
- Common counselling for PhD seats in government and 40% of seats in private universities
- Upgradation of the textile technology department at SKSJTI Engineering college, Bengaluru, as a Smart and Technical Textile Centre
- Conversational English classes in government higher education institutions in collaboration with the British Council and Regional Institute of English.

BMB

Beer gets dearer

Liquor prices, including beer, are set to increase in Karnataka as the state government plans to raise the additional excise duty in the 2023-24 budget. The Chief Minister has proposed a 20% hike in the existing rates of the duty on Indian Made Foreign Liquor (IMFL) across all 18 slabs. Additionally, the duty on beer will be raised from 175% to 185%. Despite the increase, the Chief Minister assured that the price of liquor in Karnataka would still be lower compared to neighbouring states.

Revision of guidance value

The state government will undertake a revision of the guidance values for all immovable properties across the state this year. Although the guidance values were previously revised in 2018-19 and implemented from January 1, 2019, they have not been updated since due to the covid pandemic. This revision is necessary to address anomalies caused by physical changes in properties. Furthermore, the revenue collection target for the Stamps and Registration Department for the year 2023-24 has been set at Rs 25,000 crore.

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

LOOKING CLOSELY

A painted stork hunting for fish

The picture was clicked by BM reader **Venkatalakshmi S**

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Danger zone ahead!

Citizens say footpath adjacent to school compound near Minerva Circle is being mismanaged by BBMP

Bangalore Mirror Bureau
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According to parents, the footpath on Rashtriya Vidyalaya Road is out of bounds

Parents of children studying at Karnataka Public School near Minerva Circle have raised concerns about the mismanagement of the footpath adjacent to the school compound wall. They say the already narrow footpath has now been taken over by Bruhat Bengaluru Mahanagara Palike (BBMP) for erecting streetlight poles, forcing children to walk on the road with speeding vehicles from the other side.

"I have three children studying in classes IX, VI, and I at Karnataka Public School near Minerva Circle, a busy area with hundreds of vehicles passing by every second. Children anyway had a tough time crossing the road and reaching school. Now even the footpath on Rashtriya Vidyalaya Road is also out of bounds," said Varlakshmi, a parent.

Concerned parents recount a recent incident involving a 12-year-old boy who was hit by a two-wheeler on the way to school. The boy sustained serious injuries in the accident.

"The traffic signal is a confluence of five roads, and the pedestrian crossing system has not been functioning well either. Given the scenario, the lack of a pedestrian walkway will make the situation worse. We drop children off at school in the morning, but they come back on their own in the evening. This is the time when traffic is at its peak and the roads are occupied by speeding vehicles. While the footpath in question was already narrow, with electric poles coming up, it will be inaccessible to children," said Bhuvaneshwari, another parent.

City-based pedestrian rights activists say facilities for pedestrians in the city have deteriorated over time, and Bengaluru is becoming increasingly unsafe for walkers.

"Even before BBMP started erecting streetlights on the footpath, it was hardly three feet wide. However, I have seen children using it extensively since it is adjacent to their school. However, now you can see them walking on busy stretches with heavy traffic coming in from the other side. While we talk about reducing carbon footprints, creating a climate-resilient city, and promoting public transport, such an act by the civic agency is irresponsible. Apart from a couple of roads, the rest of the city has become pedestrian-unfriendly due to such mismanagement by BBMP," said Raghavendra B Pachhapur, a city-based activist. He also highlighted that while this issue was raised with BBMP in the form of a complaint a few months ago, the civic agency went ahead anyway.

DID YOU KNOW?

After the Delhi Metro, the Bengaluru Metro, or Namma Metro, is the second-largest functioning metro network in India. Following its launch, it achieved the status of being the inaugural underground metro system in South India. Currently, there are a total of 64 operational metro stations, out of which 55 are elevated stations and eight are underground stations. Namma Metro was opened to the public on October 20, 2011. The Green Line was opened on March 1, 2014, and the first underground section on the Purple Line was started on April 30, 2016.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

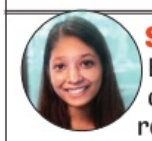
TAPTHECHATTER

where Bengalureans speak their mind

What is the way to reduce the dependence on individual vehicles and increase patronage for public transport?

Siddharth Hedge, BM Reader
If public transport could navigate through traffic faster and avoid congestion, it would be more appealing than sitting in car for hours during rush.

Rishab Jain, BM Reader
I think improving the frequency and reliability of public transportation would be a great way to reduce dependence on individual vehicles. If I knew I could rely on buses or trains to arrive on time, I would definitely use them more often.



Suhani Goel, BM Reader
By increasing the capacity and convenience of buses with shorter routes, people might find buses a suitable and time-saving mode of public transport.

Vidya Prasad, BM Reader
One would depend on the metro for quick and affordable transportation, but the lack of such services has increased the number of vehicles. The government really needs to play its public transport management card right.

Anantha Krishna Acharya, BM Reader
Finish metro construction earlier than planned and provide last-mile connectivity from metro stations to places. Better pay and facilities for drivers, and conductors should be provided.

Nagabhushan Kowshik, BM Reader
To reduce the dependence on individual vehicles and increase patronage for public transport, several strategies can be implemented. This includes expanding the network, and improving the efficiency of public transportation.

SPEAK TO US

How do you feel about trains to the airport being suspended? Do you think there is a need for cheaper modes of travel to the airport?
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Happy feet can scale any peak

CONTINUED FROM PAGE 1

presented a much more challenging trek. "While we had worked on our fitness, nothing can truly prepare for what you will experience on the mountain. We had many days where I had to trek for over 12 hours a day. Scaling Kilimanjaro can be quite challenging as we pass through five different climate zones from the start to the summit. We begin in the cultivated zone (800 m to 1,800 m) and move into the rainforest zone (1,800 m to 2,800 m), where we get to see wildlife such as the black and white Colobus and the blue monkey. On day two of the trek, we enter the Afro-alpine moorland zone (2,800 m to 4,000 m), followed by the alpine desert zone (4,000 m to 5,000 m) across days four and five."

According to her, weather conditions can be quite challenging. "The summit is situated in the arctic zone (above 5,000 m), where temperatures are extremely low, and there is no plant or animal life around us. Adapting to different weather conditions can be challenging. On high-altitude mountains, the weather can change within a few minutes from warm and sunny to freezing cold with strong winds. In fact, the summit night was the toughest. We had to start our trek around midnight and reach the summit by around 10:45 am. It was 6:30 pm by the time we descended to reach Millennial camp," she said.

On that day, Aadya had to trek for over 17 hours, which required tremendous mental strength to push her body beyond its previous limits, she explained. Aadya's father, Harsha Bennur said it was due to her high fitness levels that Aadya faced minimal difficulties. "Keeping her mentally engaged during the long days of the trek was challenging. We played quizzes, sang songs, and told stories to keep her engaged. I even taught some of her favourite songs to the guide. The combination of low oxygen at high altitudes and steep inclines can be very demanding. Our appetite dropped, along with our energy levels. Another challenging section of this adventure was scaling the Barranco wall. The Barranco wall is an 843-feet-tall wall on the Lemosho route. It consists of steep and narrow rocky paths that require climbers to use all four limbs to ascend. This method of ascending is known as scrambling."

First sighting

Aadya said that the first sighting of Mount Kilimanjaro occurred on day two, while en route to Shira-1 Camp. "Although it was far away, we moved closer to it with each passing day. It felt as if the great mountain was our companion throughout the journey, motivating us to reach the summit. Reaching the top of any large mountain requires digging deep within yourself. Along the way, there are numerous lessons to be learned. I had to adapt to new foods (often not very tasty), sleep in small tents, and cope with freezing temperatures. While these challenges made me tougher, my biggest learning was the power of mind over matter. The human body may give up on numerous occasions when faced with challenges over many days, but it is the mind that needs to stay strong to keep moving."

She said she did come close to giving up on the summit night due to the severe cold combined with low oxygen. "However, by pushing ahead one step at a time, I was able to reach the summit of Mount Kilimanjaro after taking tens of thousands of steps with my tiny legs," she said.

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NOTICE

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Dated : 03.07.2023

MR. ELTON JOHN DSOUZA, S/o Valerian Norbert Dsouza, Resident of Vale Cote 22 RMS Layout 3rd Cross RMV 2nd Stage, Bangalore-560094, Present Address TH-126 Waterfall Gommunity AL Ghadeer, and **Miss. NISHA LISA GOPALAKRISHNAN**, Daughter of Sundaresan Gopalakrishnan, Resident of 5 CPR Layout 3rd Cross Main Road, Kammanahalli, Kacharakanahalli, Bengaluru, Pin-560084, Karnataka, India, Present Address : Almoosawi Grand Aparment APT 1211 AL Barsha 1, 14th Street, Dubai.

Above mentioned Indian Nationals are presently residing in the UAE have given notice of intended marriage between them under the Foreign Marriage Act, 1969. If anyone has any objection to the proposed marriage, he/she should file the same with the undersigned according to the procedure laid down under the act/rules within Thirty days from the date of publication of this notice on Email: **cons1.dubai@mea.gov.in, cons3.dubai@mea.gov.in**

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CHANGE OF NAME

I,NEHA Ramesh Lund W/o Mohit Vinod Vaswani R/o Flat No. F1-1305, Sobha Indraprastha, 19/2, Gopalapura, Rajajinagar, Bengaluru- 560023 have changed my name to Ruhi Mohit Vaswani vide Affidavit dt:06-07-2023 sworn before Notary, Sumangala, Bangalore.

I Kalpesh Hasmukhlal Bhupta S/O, Hasmukhbhai Manjibhai Bhupta R/o A-103, Gopalan Grandeur, Hoodi, Itpl Main Road, Whitefield, Bangalore-560048 have changed my name to Kalpesh Hasmukhbhai Bhupta for all purposes.

I, Afsar Basha Abdul Rahim S/o Abdul Rahim R/a#2, ground floor, Thanisandra main road, saraipalya, Tuba layout, DR SRK Nagar post, Bengaluru- 560077 have changed my name to C R Afsar Basha S/o C A Abdul Rahim vide affidavit 5.7.2023 before notary K Venkateshan, B'lore

I, MADHUSHREE BHARADWAJ, D/o.Rajanna Manjappa, R/at, Koustubha, No. 84, 3rd Circular Road, Dollar Scheme, Nandini Layout, Bengaluru-560096, have changed my name to MADHUSHREE RAJANNA BHARADWAJ, vide affidavit dated: 07.07.2023 before Notary V.Rajashekhara,Bengaluru.

I, MANDARA BHARADWAJ, D/o.Rajanna Manjappa, R/at, Koustubha, No.84, 3rd Circular Road, Dollar Scheme, Nandini Layout, Bengaluru-560096, have changed my name to MANDARA RAJANNA BHARADWAJ, vide affidavit dated: 07.07.2023 before Notary V.Rajashekhara,Bengaluru.

I, SUMA SOHANI R/at No.89/6, Sri Pavanaja 3rd Cross Srirampura Road Jakkur Bengaluru- 560064, have changed my name to SUMA NARAYAN SOHANI vide affidavit dated: 6/7/2023 Before Notary B.M.Chandrashekar Bangalore.

I, Angu Varnika R/o Old No.3 New No.55, 2nd floor Yellappa street, Opp Balaji provision store, Chikkamavalli, Bengaluru 560004 have changed my name to Angu Varnika Manigandan affidavit Dt.07/07/2023 notary Harisha.G, B'luru

I, GODHANI AMITKUMAR HANSARAJ, R/a Flat no 307, 3rd floor, Amrutha Aveneu Apartment, Munireddy Layout, Hormavu, Bangalore-560043 have changed my name to AMIT H GODHANI, affidavit dated 06.07.2023 before notary B S Padma Prasad, B.lore.

I, GOPALA SHAMANNA R/at No.74, 18th Main Road, 5th Cross, Kodihalli, HAL 2nd Stage, Bengaluru- 560008, have changed my name to GOPAL SHAMANNA vide affidavit dated: 6/7/2023 Before Notary K.V.Mani Bangalore.

I Pooja Naik W/O, Pawan Prakash Talekar R/o Flat No A 005 Slv Central Park Bidare Agrahara Kadugodi Bangalore -560067 have changed my name to Pooja M Naik

I, SEEMA, R/at, Koustubha, No.84, 3rd Circular Road, Dollar Scheme, Nandini Layout, Bengaluru-560096, have changed my name to SEEMA RAJANNA, vide affidavit dtd: 07.07.2023 before Notary V.Rajashekhara, Bengaluru.

I Geetha W/o Rakshith Chandrashekaraiah R/o A-5 6th Main Havanur Extn Nagasandra 560073 have changed my name from Geetha to Geetha Honnasiddappa for all purposes

I, Parishmita Rajkhowa R/o 1377, E Block, Sathya Sai Vihar, 6th Main Road, AECS Layout, Kundalahalli, Bangalore-560037 have changed my name and shall hereafter be known as Parismita Rajkhowa.

I, Jaswanth Shetty Demmale S/o, Sundar Shetty R/o No 44, Syndicate Bank Colony, Magadi Road, Basaveshwar Nagar, Bengaluru 560079 have changed my name to Jaswanth Shetty for all purposes.

I, V Sriram alias Sriram Venkatasubramanian alias Sriram V S/o R Venkatasubramanian, R/o: #201, United Daffodil, Marathahalli Outer Ring Road, Doddanakundi, Bangalore North, Marathahalli Colony, Bangalore North, Bengaluru-560037, have changed my name to Sriram Bharadwaj for all purposes in future

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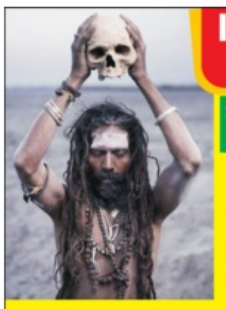
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PUBLIC TRANSPORT IN FOCUS: TAKE THE BUS

The power of Shakthi scheme

Free travel helps women shift from private vehicles to buses, provides financial relief and better connectivity

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TWEETS @BangaloreMIRROR

The implementation of the Shakthi scheme, offering free bus travel for women, has resulted in encouraging commuters to switch from personal vehicles to public transport.

Gauri (name changed), a government employee, since the introduction of the scheme, has begun commuting in BMTC instead of the metro and saves Rs 2,000 every month. "I used to travel by my personal two-wheeler before the metro was introduced. I made a switch to the metro soon after but it would burn a hole in my pocket. Time is a challenge travelling in buses, but they have better connectivity across the city and the fare now is free. I do not even take autos anymore," she said.

This initiative by the government, which subsidises public transport tickets for women, has not only provided financial relief but also improved connectivity options for many commuters.

Rajkumar Dugar, a public transport enthusiast and founder of C4C, said that if the government provides subsidies, it must also proportionally increase the capacity of public transport as the ridership will naturally see a rise. He suggested that the metro can currently implement a subsidy during off-peak hours in order to smoothly run their services without having to deal with heavy ridership. "During non-peak hours, the coaches are fairly empty so it will help the metro gain patronage," he said. He further added that the BMTC must have a drastic increase in the number of buses it owns and requires a complete route rationalisation before even considering a subsidy as they are currently running at full capacity.

> **"Bengaluru has 6,191 government buses plying and 5,853 non-government buses. In Bengaluru rural, 2,186 government buses ply while 1,376 non-government buses are registered to ply**

Avinash Chanchal, a member of Greenpeace India, while comparing with Delhi said, "Delhi also has metro services, but close to half of the households in the city (49 per cent) cannot afford the fare of the metro. Their daily commute budget is Rs 10-20, while an average metro ride costs Rs 50. This shows that they cannot even afford the bus services." He further added that the subsidy will certainly draw many to switch from other modes of transport to public transport.

"Governments must ensure that transportation systems do not turn into profit-making machines as they are a necessity. They must instead focus on strengthening public transport by introducing dedicated lanes, increasing the size of bus fleets and ensuring reliable last and first-mile connectivity," he said.

Professor Dr Ashish Verma, Convenor of IISc Sustainable Transportation Lab, said that charges on parking and congestion must be introduced and increased in order to discourage personal vehicle ownership.

Deputy Chief Minister DK Shivakumar's idea of building tunnel roads across the city to ease traffic congestion inspired from Singapore has drawn much debate in the past week. Dr Verma pointed out that other aspects implemented in Singapore must be taken into consideration prior to taking tunnel roads into account.

As of 4 July, a total of 13,07,86,827 have travelled in government buses since the implementation of the scheme, at a total ticket value of Rs 310,71,08,518. According to the estimates of the transport department, over 41.8 lakh women were to avail of this scheme on a daily basis. This estimation was arrived at by assuming that 50% of the total ridership, which stood at 82 lakhs before the launch of the scheme, were women. The total number of passengers as of 4 July stands at 1,20,04,725.

Demand to make bus ticket payments online

Commuters voice their grievances against current cash-only mode

Rachana Ramesh
c-rachana.ramesh
@timesgroup.com
TWEETS @BangaloreMIRROR

A tweet demanding The Bangalore Metropolitan Transport Corporation (BMTC) to introduce online payment options for the purchase of tickets is viral on social media. The demand has been long awaited, as commuters prefer to make cashless and hassle-free payments.

In the tweet, a commuter who boarded the BMTC bus from Yeshwanthpur to Chikkabanavara explained his ordeal of travelling without cash. The commuter withdrew a minimum amount of Rs 100 just for this purpose but was asked to deboard as the conductor of the bus did not have the required change.

The commuter said, "I understand, he didn't have the required change but there was no scope to make UPI payment too. I had to get off and walk back to the bus station which was very far, and board another bus. This time I made sure that the conductor had change before boarding the bus."

Many netizens shared that they too have had similar experiences and requested the authorities to make way for online payments.

Mahima, a frequent commuter, said that she has often opted to travel by auto since the BMTC does not entertain UPI payments. "I wanted to try out the new metro line that has been extended from Baiyappanahalli to Whitefield.

After taking the metro to Baiyappanahalli, I realised I will need Rs 10 in cash to use the feeder bus service to reach KR Puram as autos in that area demand more than Rs 100 for a three-kilometres.

Those who use the metro do not carry cash like the Bangalore Metro Rail Corporation Limited (BMRCL) as they buy tickets online through their application or WhatsApp. Those who use BMTC for first and last-mile connectivity can travel with ease as they would not have to worry about cash anymore," she added.

Currently, one can purchase different passes provided by the BMTC through the Tummoc application. However, tickets need to be bought with cash from the designated conductor. Commuters were hoping to be able to buy tickets online after the introduction of the Namma BMTC application. However, this application is not ready yet.

A senior BMTC official, told Bangalore Mirror that, there are no current plans to introduce modes of online payment for ticket purchases while adding that the feature allowing the purchase of passes online continues.

"We have recently introduced Electronic Ticketing Machines (ETMs). They still need to be stabilised before we introduce other modes of payment as these tickets need to be readable," he said.

Smooth e-bus rides to Mysuru

The Karnataka state road corporation launched electric bus services between Bengaluru and Mysore in January this year as part of the FAME 2 project. The buses started running in February. The buses ply between Bangalore and Mysore, Madikeri, Davanagere, Virajpet, Shimoga and Chikmagalur and return.

A few of the bus drivers and conductors spoke about their experience. Patil, an EV bus conductor said, "The speed is 100 kmph currently and it's been capped at 70 kmph. After charging for 2 and a half hours it runs for 300 kms. Since it's new, people are liking these buses. There are different buses with capacities of 42, 43, 47 and 51 passengers. The current capacity is 43 passengers being a single-axle bus."

These buses reach 30-45 min ahead of the normal buses. If the usual bus takes 6 and half hours, these buses reach in 5 and half hours, he added.

The driver of the bus, Rohith said, "It's easy to drive as it's gearless. But being careful is essential. Braking and acceleration is the key. It's better for city travel. There are charging stations in Mysore and Coorg."

Rohith also highlighted that the electric buses are equipped with an Anti-lock Braking System (ABS), which provides better control during braking. Even on steep roads, the bus remains stationary once the brakes are applied, unlike other KSRTC buses. The automatic charging feature is activated when the bus travels on a downhill slope with a gradient of up to 3%. One per cent of the charge provides approximately 3 kilometres of travel. All the bus drivers and conductors underwent training before operating the electric vehicles to ensure their competence in handling and managing the unique features of the buses.

Minor change in Metro services

Metro services between Baiyappanahalli and SV Road & between Krishnarajapura to Whitefield (Kadugodi) will be curtailed for 31 days.

There will be a minor change in the services due to essential signalling and related work being carried out on the tracks in these sections from 10th July 2023 to 9th August 2023.

During the above period, train services will not be available between 5.00 am to 7.00 am in the following sections Baiyappanahalli terminal to Swami Vivekananda Road Metro Station. Krishnarajapura and Whitefield (Kadugodi).

However, normal train services will be available between Swami Vivekananda Road Metro Station Kengeri to and fro, between 5.00 am to 7.00 am.

Post 7.00 am, Baiyappanahalli and Kengeri metro stations and also between Krishnarajapura and Whitefield (Kadugodi) metro stations till the end services will be as usual.

HEALTH TIP: After rinsing rice, collect the water and use it as a facial toner as rice water is known for its brightening and hydrating properties

Brew some green tea, let it cool, and pour it into a spray bottle; use it as a refreshing face mist throughout the day

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@BangaloreMirror

MORE THAN NUMBERS

No two people or cells age the same way; what this means for anti-aging interventions

You likely know someone who seems to age slowly, appearing years younger than their birth date suggests. And you likely have seen the opposite – someone whose body and mind seem much more ravaged by time than others. Why do some people seem to glide through their golden years and others physiologically struggle in midlife?

Aging research doesn't tend to be about finding the one cure that fixes all that may fail you in old age. Instead, the last decade or two of work points to aging as a multifactorial process – and no single intervention can stop it all.

What is aging?

There are many different definitions of aging, but scientists generally agree upon some common features: Aging is a time-dependent process that results in increased vulnerability to disease, injury and death. This process is both intrinsic, when your own body causes new problems, and extrinsic, when environmental insults damage your tissues.

Your body is composed of trillions of cells, and each one is not only responsible for one or more functions specific to the tissue it resides in, but must also do all the work of keeping itself alive. This includes metabolising nutrients, getting rid of waste, exchanging signals with other cells and adapting to stress.

The trouble is that every single process and component in each of your cells can be interrupted or damaged. So your cells spend a lot of energy each day preventing, recognizing and fixing those problems.

Aging can be thought of as a gradual loss of the ability to maintain homeostasis – a state of balance among body systems – either by not being able to prevent or recognise damage and poor function, or by not adequately or rapidly fixing problems as they occur. Decades of research has shown that nearly every cellular process becomes more impaired with age.

Repairing DNA

Most research on cellular aging focuses on studying how DNA and proteins change with age. Scientists are also beginning to address the potential roles many other important biomolecules in the cell play in aging as well.

One of the cell's chief jobs is to maintain its DNA – the instruction manual a cell's machinery reads to produce specific proteins. DNA maintenance involves protecting against, and accurately repairing, damage to genetic material and the molecules binding to it.

Proteins are the workers of the cell. They perform chemical reactions, provide structural support, send and receive messages, hold and release energy, and much more. If the protein is damaged, the cell uses mechanisms involving special proteins that either attempt to fix the broken protein or send it off for recycling. Similar mechanisms tuck proteins out of the way or destroy them when they are no longer needed. That way, its components can be used later to build a new protein.

Aging disrupts delicate biological network

The cross-talk between the components inside cells, cells as a whole, organs and the environment is a complex and ever-changing network of information.

When all processes involved in creating and maintaining DNA and protein function are working normally, the different compartments within a cell serving specialised roles – called organelles – can maintain the cell's health and function. For an organ to work well, the majority of the cells that make it up need to function well. And for a whole organism to survive and thrive, all of the organs in its body need to work well.

Aging can lead to dysfunction at any of these levels, from the subcellular to the organismal. Maybe a gene encoding an important protein for DNA repair has become damaged, and now all of the other genes in the cell are more likely to be repaired incorrectly. Or perhaps the cell's recycling systems are unable to degrade dysfunctional components anymore. Even the communication systems between cells, tissues and organs can become compromised, leaving the organism less able to respond to changes within the body.

Random chance can lead to a growing burden of molecular and cellular damage that is progressively less well-repaired over time. As this damage accumulates, the systems that are meant to fix it are accruing damage as well. This leads to a cycle of increasing wear and tear as cells age.

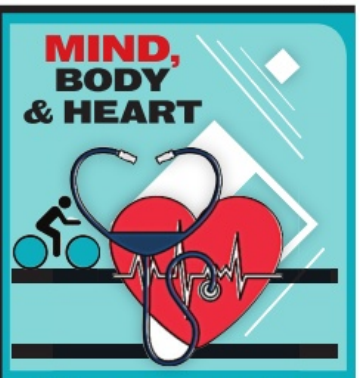
Anti-aging interventions

The interdependence of life's cellular processes is a double-edged sword: Sufficiently damage one process, and all the other processes that interact with or depend on it become impaired. However, this interconnection also means that bolstering one highly interconnected process could improve related functions as well. In fact, this is how the most successful anti-aging interventions work.

There is no silver bullet to stop aging, but certain interventions do seem to slow it the laboratory. While there are ongoing clinical trials investigating different approaches in people, most existing data comes from animals like nematodes, flies, mice and nonhuman primates.

One of the best studied interventions is caloric restriction, which involves reducing the amount of calories an animal would normally eat without depriving them of necessary nutrients. An FDA-approved drug used in organ transplantation and some cancer treatments called rapamycin seems to work by using at least a subset of the same pathways that calorie restriction activates in the cell. Both affect signalling hubs that direct the cell to preserve the biomolecules it has rather than growing and building new biomolecules. Over time, this cellular version of "reduce, reuse, recycle" removes damaged components.

—Ellen Quarles, University of Michigan (The Conversation)



All you need to know about...

Nutrients-heart link

6 important nutrients
Researchers from Hamilton Health Sciences and McMaster University revealed in a study conducted at the Population Research Health Institute (PHRI) that persons who do not consume enough of six important nutrients collectively had a higher risk of developing cardiovascular disease (CVD).

What should be on your plate
Consuming whole-fat dairy products, seafood, legumes, nuts, fruits, and vegetables helps reduce the risk of CVD, including heart attacks and strokes. The study also discovered that there are other strategies to maintain a healthy diet, such as consuming unprocessed meats or entire grains in moderation."

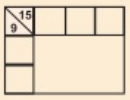
Global outlook
Previous and related studies have concentrated on Western nations and diets that mix unhealthy, highly processed foods with nutrient-dense foods. Global in scope, this study concentrated on common healthy eating choices.

CVD figures
The World Health Organisation estimates nearly 18 million people died from CVD in 2019, representing 32 per cent of all global deaths. Of these deaths, 85 per cent were due to heart attacks and strokes. PHRI researchers and their global collaborators analysed data from 245,000 people in 80 countries from multiple studies. The results were published in the European Heart Journal on July 6.

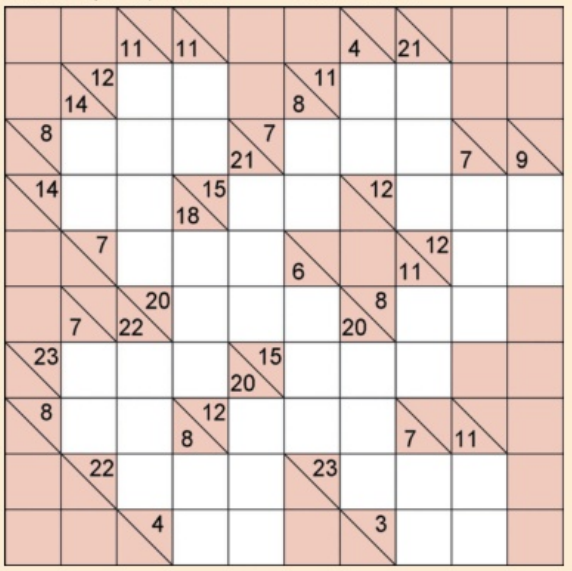
In moderation
"There is a recent increased focus on higher consumption of protective foods for disease prevention. Outside of larger amounts of fruits, vegetables, nuts and legumes, the researchers showed that moderation is key in the consumption of natural foods," said first author Andrew Mente. **—ANI**

Kakuro

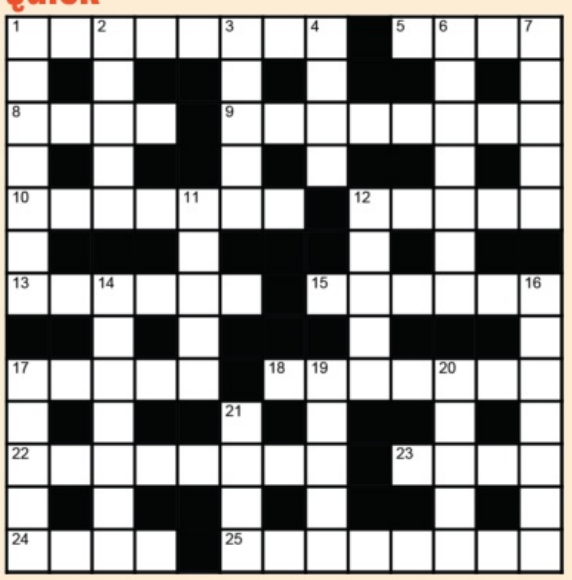
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Swaggered (8)
5 Minstrel (4)
8 Muslim priest (4)
9 D-Day landing site (8)
10 A stupid person? (3-4)
12 Protect (5)
13 Look forward to (6)
15 Not so tight; more free? (6)
17 Loose-limbed (5)
18 Capital of Thailand (7)
22 National park between Mysore and Ooty (8)
23 Beam or smile; chuckle (4)
24 Spring suddenly (4)
25 Falsifies, swindles or tricks (8)

DOWN

1 Sniff repeatedly (7)
2 Cook in oven (5)
3 Ringworm–"ate in" anagram? (5)
4 Dreadful, terrible (4)
6 Toughens by heating and slow cooling (7)
7 Wood nymph (5)
11 A master of ceremonies (5)
12 Express discontent or pain in a low voice (5)
14 Garden flower (7)
16 Garden gatherings? (7)
17 Defamatory writing (5)
19 Relating to gold (5)
20 Close associate of Stalin until 1934 when assassinated (5)
21 Apple's music player (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS D

RKT WXT CTJF IK VXSSF EVKT LVKF OC TCL XNNGRK LVXL LVK CIZKWL CH JDHK DN VXSSDT-KNN.

Linemaro

I raised my eyes and you were there, the quintessence of all that's beautiful and rare

Mindchow

A person hears only what they understand

Joke of the day

I don't repeat gossip ... so listen carefully

Loop

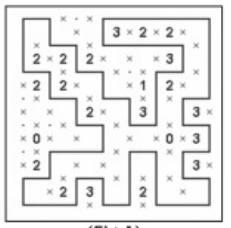
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

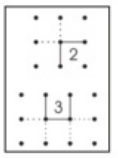
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

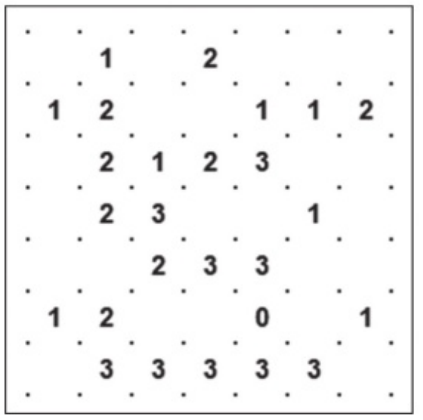
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



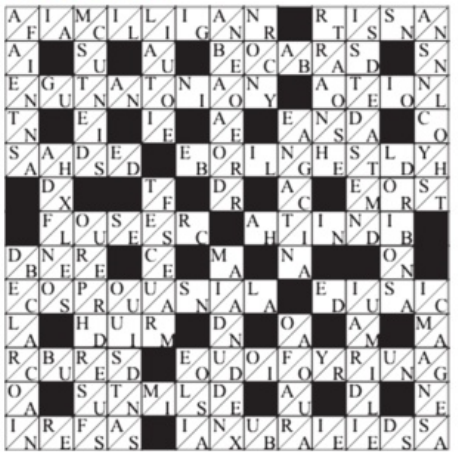
(Fig A)



(Fig B) Not Allowed



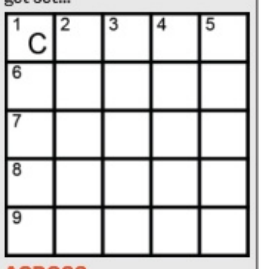
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 A cosh; 6 Short; 7 I a duo; 8 Refer; 9 Brief

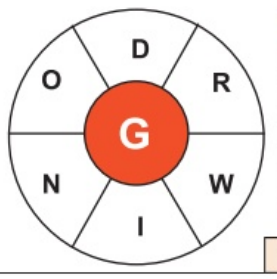
DOWN

1 Haf Cf; 2 Hi our; 3 Beard; 4 I rose; 5 Rotes

Mensapuzzle

Find the starting point and track from letter to adjacent letter horizontally and vertically, but not diagonally, to spell out a 12-letter word. You have to provide the missing letters.

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

15 Average; 17 Good; 19 Outstanding

SudokuChallenge

		2				9		
			1		7			
8		7	9		3	1		2
	3	5				6	4	
7			5		4			9
	2	9				8	3	
5		3	8		2	4		1
			6		1			
		1				5		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

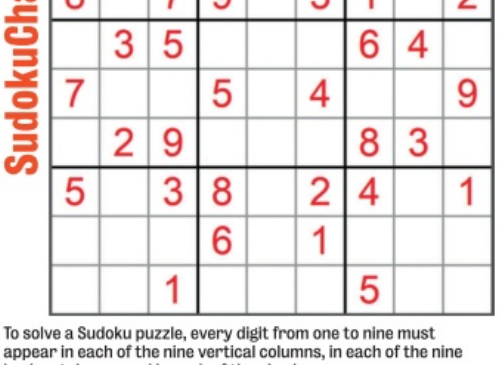
Easy = 18: 8 8 9 9

Medium = 2: 2 3 4 7

Hard = 8: 2 5 5 4

Hocusfocus

Find at least six differences in details between panels.



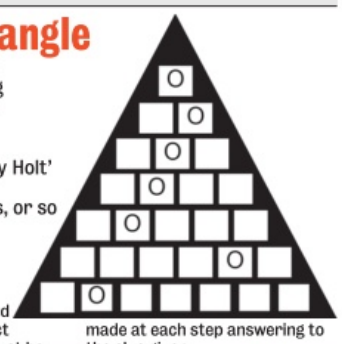
Differences: 1. Apron bow is missing. 2. Sign is smaller. 3. Visor is smaller. 4. Finger is moved. 5. Mouth is open. 6. Boy's ear is smaller.

Riddler

The numerator of a fraction is four less than the denominator. If the numerator is quadrupled and the denominator is increased by 17, the value of the resulting fraction is ½. What was the original fraction?

Alpha triangle

1 Atomic number 8
2 Informal greeting
3 Myrna of movies
4 Consecrated
5 Passionately
6 An antiseptic, 'my Holt' anagram ?
7 Every thirty days, or so



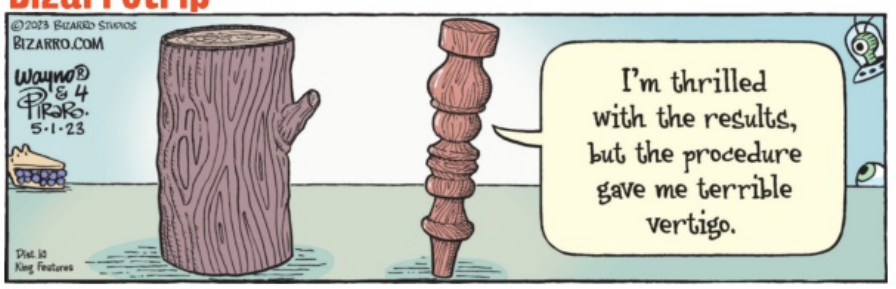
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

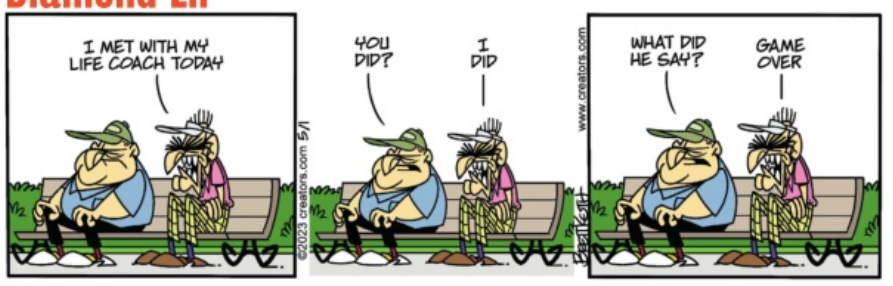
COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil



Hart of the city

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are advised to control your straightforwardness. Your loose talking may affect people around you. You may spend your hard-earned money on buying some worthless stuff. Your mind may likely work very fast, so it is advised to make any important decision with patience.

Taurus Apr 21 – May 20
Today, you are blessed by the moon. The disappointments of the last couple of days may now convert into happiness. You may enjoy professional and personal life, as your network may help you complete your postponed projects. You may likely start some new venture with the help of your siblings, and your network may support you in every step.

Gemini May 21 – Jun 21
Today, you may be busy at work. Your focus towards your goal may be tested many times. Your patience may help you achieve your goals on time. Your dedication for work may be tested many times, and you may likely get some rewards as a result of hard work. You may also make investments in fixed assets.

Cancer Jun 22 – July 23
Today, your destiny may help you get success in an easy way. You may likely visit some spiritual place to seek peace of mind. You may spend your time earning some intellectual or occult knowledge. Students may do better. Singles will likely find a good match. Lovebirds may make some important decisions regarding marriage.

Leo Jul 24 – Aug 23
Today, you may be busy at work. With the help of your strong network, you may be able to implement your plans successfully. Your wisdom may help you gain profits from past investments. You may enjoy romantic moments with your spouse, which will increase harmony in your domestic life. Lovebirds may also enjoy their happy moments.

Virgo Aug 24 – Sep 23
Today, you are blessed by the moon, which may make you happy. Last week's crunch is now over. With the help of blessings, you may receive reciprocation for your hard work. With the help of your subordinates, you may be able to initiate your postponed tasks. There may be some gains in your business that can boost your finances.

Libra Sep 24 – Oct 22
Today, you may feel dull and have some health issues. You are advised to postpone making investments in business and avoid starting a new venture. You are likely to face losses in the business, and your gains may turn into losses.

Scorpio Oct 23 – Nov 22
Today, you will be happy and feel peace of mind. Your focus towards your goals would be very good. You may have romantic moments with your spouse, and your bonding may become stronger. You will also be busy with other domestic issues.

Sagittarius Nov 23 – Dec 22
Today, you may be more enthusiastic, and your performance at work may be good, boosting your relationship with seniors. You may likely receive new responsibilities and promotions. In legal matters, you may hear good news, and your opponents and hidden enemies may be under control.

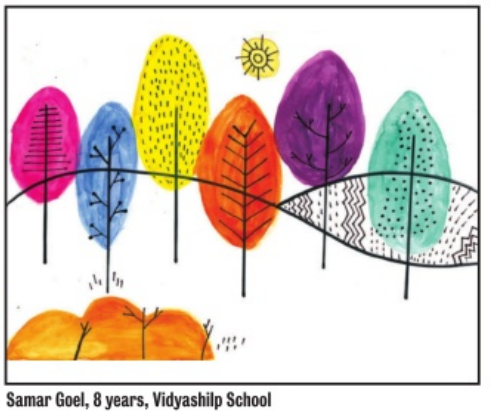
Capricorn Dec 23 – Jan 20
Today, you may be able to complete difficult tasks very easily, boosting your confidence level. Your past investments may yield good gains. You are advised to avoid arguments on worthless topics as they may waste your precious time.

Aquarius Jan 21 – Feb 19
Today is not good. You may feel unhappy and dissatisfied with your current situation. You are advised to keep patience and not make any decisions in a hurry. Take care of your parents.

Pisces Feb 20 – Mar 20
Today, you may make decisions very fast, which may bring benefits in your day-to-day life. You may make some difficult decisions with the help of your colleagues and likely experience success easily. Property-related disputes between siblings may be resolved, and you may expect some short trips.

KIDZONE

Dakshith Rao V, 6 years, DRDO KG School



Samar Goel, 8 years, Vidyashilp School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru- 560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= (3-9+3)/3
= (3-24)/3
= -21/3
= -7

RIDDLER
Three seventh (3/7)

STRIKE OUT

F	A	M	I	L	I	A	R		T	I	N	A		
I		U		B	O	A	R	D		N				
N	U	T	A	T	I	O	N		A	E	O	N		
N		E		E		A		S	A		O			
S	A	D	E		B	R	I	G	H	T	L	Y		
	X		T		D		A		E	O	S			
L	O	S	E	R		H	I	N	D	I				
L		T		M			R		L					
E	X	P	E	C	T		L	O	O	S	E	R		
	E			E			A							
L	I	T	H	E		B	A	N	G	K	O	K		
I		U		I		U				I		I		
B	A	N	D	I	P	U	R		G	R	I	N		
O		U		I		O		I		E		G		
C	U	E	S		E	D	I	F	Y	I	N	G		
A		H	U	M		D		A		M		A		
E	S	P	O	U	S	A	L		D	I	S	C		
D	E	R		C		M		N			N			
L	O	S	E	R		H	I	N	D	I				
	X		T		D		A		E	O	S			
S	A	D	E		B	R	I	G	H	T	L	Y		
N		E		E		A		S	A		O			
N	U	T	A	T	I	O	N		A	E	O	N		
O		U		I		O		I		E		N

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